We claim:

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- 1. A process for improving the hand of elastic fabrics comprising the steps of:
- 5 contacting a surface of an elastic fabric with a microfinishing film to abrade the fibers on at least one surface of the fabric.
 - 2. A process according to Claim 1, wherein said elastic fabric comprises an elastic knit fabric.
 - 3. A process according to Claim 2, wherein said elastic fabric comprises a warp knit fabric.
- A process according to Claim 1, wherein said step of
 contacting comprises contacting the surface of the elastic knit fabric with at least one roller having at least a portion of its surface covered with a microfinishing film.
- 5. A process according to Claim 1 wherein said step of contacting comprises contacting the surface of the elastic fabric with a microfinishing film having a grade of between about 10 and about 40 microns.
- 6. A process according to Claim 1, wherein said elastic fabric comprises spandex fibers.

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A fabric made according to the process of Claim 1.

- 8. A sanded elastic fabric having a hairiness value of less than about 0.1 across its width when measured with a Hairiness Tester.
- 9. A sanded elastic fabric according to Claim 8, wherein said fabric comprises a knit elastic fabric.
- 10 10. A sanded elastic fabric according to Claim 9, wherein said fabric comprises a warp knit fabric.